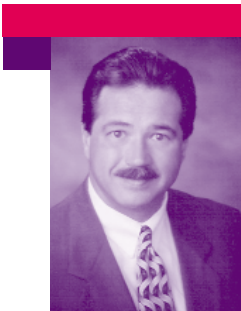




JOIN THE VOICES FOR RECOVERY

TARGETED OUTREACH

The experiences of people around the nation who are in recovery, as well as the stories of those who support them, are powerful in conveying positive messages to others. These proud voices show the benefits possible when people are able to obtain access to recovery. Read on for some of these unique stories, and share them during this year's **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, which celebrates people in recovery who have overcome stigma, denial, and other barriers to treatment—and as a result are leading healthy and productive lives in recovery. Encourage others to raise their own voices, too, and inspire even more people to celebrate recovery.



"Through education of our legislators and our community, Proposition 36 became California state law, allowing treatment for addiction rather than incarceration. But this should just be the beginning of our battle. In order to develop more meaningful national legislation to stop the stigmatization, discrimination, and criminalization, we must continue to educate our lawmakers to understand addiction as a treatable disease."

Donald J. Kurth, M.D.

Chief of Addiction Medicine, Loma Linda University Behavioral Medicine Center

Associate Professor, Department of Psychiatry, Loma Linda University

President, California Society of Addiction Medicine

Fellow, The Robert Wood Johnson Foundation



"When I was still a child I first found out about getting high from inhalants. As I got older, I found alcohol and drugs. I was trying to forget the memories of abuse from my father. I was self-medicating. I was 23 when...I was diagnosed with post-traumatic stress disorder and depression and started on medication. Through dual diagnosis groups and Alcoholics Anonymous, I learned that my medications help control my symptoms. I have been sober for a year and a half. Now, I have support groups like People with Recovery & Disabilities to help maintain my positive attitude and keep sober!"

Aisha Nelson

Member of People With Recovery & Disabilities (PWRD)

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"Being a product of abuse and neglect, drugs seemed to be the thing that dulled the pain and that other people and myself had in common. Unfortunately, my addiction became serious—where death was a reality—and the party ended. It was a turning point where God had given me back my life. I chose to never do drugs again, because life and the people in it are more important. There was nothing spiritual about drugs, which in a way was abuse to myself—why ever continue that destructive process? Sobriety has been a hard road, but the most rewarding choice yet."

Pam Killingsworth

Member of People With Recovery & Disabilities (PWRD)



"I was introduced to recovery, and through my higher power, the love and support of my new recovery family, and the spiritual principles embodied within the twelve steps, I am now getting my life back. I am now a college student seeking my bachelor degree. I now have two jobs and I attend recovery meetings regularly. Treatment and recovery has truly become the bridge for me to get my life back on track. I surround myself with positive individuals and I keep an open mind to suggestions. Today, I love myself and I wouldn't change anything. Recovery is my life and my life is recovery."

Timothy Bell

Student



"Since we began hiring people in recovery, turnover has all but stopped, productivity is way up, and people enjoy their jobs. People who are truly committed to recovery have the kind of integrity that is hard to find, even in non-recovering people. We have been so successful that we are launching a non-profit to train small business CEOs nationwide to do the same thing. Without government help, we believe small business can hire 'unemployable' people and turn them into productive taxpayers who enjoy their work. We're grateful that we have found this way to help people, help small business, and help our country."

Larry Keast,

President and CEO, Venturetech Corporation

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"I began drinking and using drugs at the age of 13. I continued using throughout high school and college and didn't stop when I entered the workplace. I got sober and into recovery in 1988 and have been blessed ever since to be able to work in the treatment and prevention field. I am passionate about drug-free workplace programs because they encourage early intervention. Perhaps if my employer had established a program, I would be able to remember what I did in my 20s. Now, I am an outspoken advocate in the business community and I use my own story to help convince employers that their companies are not immune from substance abuse and that drug-free workplace programs make good business sense."

Becky Vance

*Executive Director of Drug Free Business Houston,
a division of The Council on Alcohol and Drugs*



"I am a grateful recovering alcoholic. My parish knows that I am in recovery and fully supports me as I minister to them. A major part of my life and ministry is supporting others who are in recovery or who want help in beginning a recovery. I am blessed each day with sobriety and new life and I am grateful."

Reverend Hugh Tudor-Foley

Episcopal Priest



"My supervisor confronted me about my unacceptable tardiness and work production. I was coming to work under the influence of alcohol daily. She made contact with a treatment program for me and told me that if I did my part in the program, the company would support me any way they could. I have been with this company for 15 years now, clean and sober. This type of support made the difference in my life."

Virginia Lee-Anderson

*Provider Claims Coordinator at First Health Services Corporation and
Board Member of the Alaska Women's Recovery Project*

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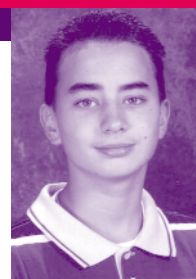
Nancy Wright
Mother

"The day I gave up—and gave [my daughter Tracey] up to God—was the same day she came to her father and me and told us she was addicted to crank and in day treatment. That recovery program got her clean and sober, enabled her to face herself, and made us all realize she was an addict that needed help. Tracey's treatment program brought healing to the whole family. I believe in the power of treatment. People can and do recover. And it is true—we really do recover together: Family, Friends, and Community."



Tracey W. Lee-Cohen
Chairperson of Recovering Advocates for Treatment (RAFT)

"Once I admitted that I was an addict I was able to begin the journey of recovery. I have renewed my relationship with each of my brothers and sisters and of course with my parents. I revel in exploring my relationship with God and I love giving my all—to myself, my son, at work, and in the community. I am not unique. Addicts in their addiction are scary. Addicts in recovery are amazing."



Bill Lee
Age 13

"The first six years of my life, my mom was severely addicted to drugs. What I remember most is being scared when I couldn't wake her up, and trying to make my own dinner 'cause I was hungry. Then one day she sat me down on our couch and explained that she was addicted to drugs and she was getting help. I don't want to imagine what my life would be like today if there had been no treatment for her. I think she'd be dead and I know I would be lost without her. I just know there are other kids out there waiting for their mom or dad to get treatment—and once they do, it will be like a whole new life for everyone."

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"I'm still rejoicing in the 'Spirit of Recovery' with hopes of celebrating four years of sobriety on February 8, 2004. I remain actively involved with the Maryland Center for Veterans and Education and Training Rehabilitation Program, which initially gave me a comprehensive foundation of recovery, and as a continuum, assisted with my career choice and implementation at the Baltimore Marriott Waterfront Convention Hotel. The step work, principles and practice learned and experienced within the process of recovery are a necessity to ensure a healthier quality of life. My family and I, as well as many new associations, thank God for many things, but most importantly, renewed opportunities."

Dexter Daniel

Supervisor Manager in Training,

Event Services at the Baltimore Marriott Waterfront Convention Hotel



"The voice of drugs and despair spoke loudly, gripping me by the throat and spirit, robbing me of my light and dreams. I was terrified and lonely, and it led me to homelessness. I was at death's door dozens of times. Then some angels in the form of friends and family reached out and took me in, showing me unconditional love. I spent two years in a therapeutic community where I learned to face the challenges of life without drugs. It was there that I conceived "Vision Warrior," my one-man show about my road to addiction, prevention and recovery. To date, I have performed "Vision Warrior" to more than one million kids nationwide. I'm helping young people make better choices and showing them the "Real Deal" about the effects of drugs. It can't get any better than that."

Scot Anthony Robinson

Actor



"For some time now, I have been an advocate for change in recovery policy, which should be based on the growing understanding that addiction is a disease. I often get the reaction of how could a nice person like me be an alcoholic. It is hard not to take it personally when public opinion polls of both professionals and the general public show so many still believe addiction to be more a moral weakness than a disease. People need to understand—as I have learned and lived—that recovery works, and that people in recovery lead productive and meaningful lives."

Michael Barry

Director of the Family Angel Program

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"I was pretty clever at being a heavy drinker—an alcoholic. I didn't want people to call me an alcoholic. But now, I've been sober 26 years and I am proud to have people know that I am recovering because it has meant life to me. I think so many people don't really want to face the fact of being a recovering alcoholic. I say it is cause for joy—otherwise they'd probably be dead, I know I would be. So I am very happy to have the time I've had. I've had 30 years of life I wouldn't have."

Doris Terry

*Former State Supervisor of Health Education for the
Maryland State Department of Education*



"I spent 25 years in an alcoholic marriage that ended in divorce but resulted in both of us getting into treatment and recovery. It took a family tragedy to find the direction my journey of recovery was to take. My daughter, who became terminally ill when I was two years sober, asked me to follow a vision of hers and return to school and become an alcohol and drug counselor. I never dreamed that my real life's work was ahead of me, developing treatment protocols and advocating for older people who suffer from long-term or late-onset addiction to alcohol or medications. We are currently piloting an older adult prevention program that is starting to make a difference. How much do we as a nation care about the quality of life for our older people? We may experience a financial crisis in health care and social services if we don't address the issues of treatment and prevention now as the baby boom generation ages."

Carol Colleran

*National Director of Older Adult Services at Hazelden
Foundation/Hanley-Hazelden and co-author with Debra Jay of
Aging & Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence*

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